



Nutrition Food trivia



1. Which food has more calcium for strong bones: tea or milk?

2. Which drink gives better hydration: water or soda?

3. Which food has more protein for muscles: bread or eggs?

4. Which snack has more fiber: apple or chips?

5. Which fruit has more vitamin C: orange or watermelon?

6. Which vegetable has more vitamins: fries or carrot?

7. Which food has healthier fat: berries or avocado?

8. Which breakfast gives better energy: oatmeal or cupcake?

9. Which snack has more nutrients: nuts or candy bar?

10. Which food helps your body grow stronger: donut or broccoli?
